

**GOOD TIMES**

**THINK** good times—  
It is a state of mind  
That brings prosperity  
And puts dull days behind.

**TALK** good times—  
No matter what they say;  
Sane, optimistic talk  
Will drive the clouds away.

**ACT** good times—  
Be equal to the test;  
Compel "good times" to come.  
Resolve, to do your best.

**SPREAD** good times—  
By thought and word and deed,  
With sturdy faith and confidence.  
We know you will succeed!

**Menu Hints**

Recipes for New and Novel  
Dishes; Household Ideas and  
Suggestions

By Betty Barclay

**MUFFINS THAT ARE DIFFERENT**  
Vary your muffins occasionally. Every one will appreciate novelties, particularly when they are as delicious as the following:

**DATE MUFFINS**

2 cups special cake flour, sifted  
4 teaspoons baking powder  
1/2 teaspoon salt  
4 tablespoons sugar  
1/2 cup milk  
1 egg, well beaten  
4 tablespoons butter or other shortening, melted  
1 cup dates, seeded and sliced  
Sift flour once, measure, add baking powder, salt and sugar, and sift again. Combine milk and egg and add to flour, beating until smooth. Add shortening and dates. Bake in greased muffin pans in moderate oven (375 degrees F.) 20 minutes. Makes 18 small muffins.

**GRAPE-NUTS ORANGE MUFFINS**

2 cups special cake flour, sifted  
2 teaspoons baking powder  
2 tablespoons butter or other shortening  
2-3 cup sugar  
2 eggs, well beaten  
3/4 cup orange juice  
Grated rind 1 orange  
1 cup grape-nuts  
Sift flour once, measure, add baking powder, salt and sugar, and sift again. Combine thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, then flour, alternately with orange juice and rind, a small amount at a time. Beat after each addition until smooth. Fold in grape-nuts. Bake in greased muffin pans in hot oven (425 degrees F.) 25 minutes. Makes 12 muffins.

**COFFEE COOKIES**

Cookies and tarts are always nice to have in the pantry for a snack between meals or for an emergency dessert. Here are two recipes using coffee as a flavoring which are quickly made and are most delicious.

**COFFEE TARTS**

1 cup coffee  
1 cup sugar  
2 eggs  
1/2 cup butter  
1/2 cup walnuts  
1/2 cup raisins  
Cream the butter and sugar, add the eggs well beaten, the coffee, chopped walnuts and raisins. Line tart tins with pastry, fill with the mixture and bake in a moderate oven (325 degrees F.) for 45 minutes. Serve with whipped cream on top, using 1/2 cup of strained coffee mixed in the cream.

**MOCHA COOKIES**

1 cup shortening  
1 cup sugar  
1 cup molasses  
1/2 cup coffee  
4 cups flour  
2 eggs  
2 teaspoons soda  
3 teaspoons cinnamon

**ORANGE CREAM CUSTARD**

6 tablespoons sugar  
Grated rind 1-3 orange  
Juice 2 oranges  
2 egg yolks  
1 cup cream  
Whipped cream  
Dissolve sugar in orange juice; add orange rind; egg yolks well-beaten, and cream, and cook in double boiler, stirring constantly, until it begins to thicken. Chill and serve in glass cups, with whipped cream. The beaten whites of two eggs can be used in place of whipped cream, if desired.

**THE ASSESSOR**

Assessors are the most important of the municipal officers. A Council's duty practically ends when they have appointed the best man available at a reasonable salary. After an assessor has filed a declaration of office with the clerk he becomes a statutory officer whose duty it is to comply strictly with the provisions of the Assessment Act and other Acts relating to his duties. When an assessor has once been appointed by-law he holds office during the pleasure of the Council.

A Remedy for Karache.—To have the sarache is to endure torture. The ear is a delicate organ and few care to deal with it, considering it work for a doctor. Dr. Thomas' Electric Oil offers a simple remedy. A few drops upon a piece of lint or medicated cotton and placed in the ear will do much in relieving pain.

**An Elder Brother's  
Friendly Talk**

With the  
Younger Folk



OBSERVATION  
EXPERIENCE  
HUMOROUS HINTS  
A HIT OF HUMOR

**MAKING MINUTES PAY**

Several weeks ago we had a talk together about time, its importance, how we use that portion of the day we call our own, and other phases of this important factor of life.

A little story of Fritz Kreisler, the great violinist, suggests one of the differences between successful people and those who never get anywhere. One of his managers tells of an occasion when Mr. Kreisler, having given a concert in a Michigan town, was driving across country to another large town about sixty miles away. The violinist and his accompanist occupied the back seat of the car, with a book of sheet music open before them, and although they occasionally looked up to make some comment on the scenery, the music absorbed most of their attention. As they neared their destination, Mr. Kreisler said to his accompanist, "Well, Carl, we can do that now." In the two hours they had committed to memory practically sixty pages of music.

So few young people have any idea of utilizing the old minutes that this story is commended to their attention. "The people who make the most out of life are the ones who learn early the art of making every minute pay interest."

Come join the optimists, young friend, and make your life a pure delight. For Nature wears a rosiest hue, and cream we believe our outlook bright. Aye, full of joy is this old world, And worry and all troubles flee When we're enjoying all our way. Have learned, an optimist to be.—George Whitfield D'Vys.

**PLAYING WITH DECISION**

Some young men and women take a long time to make up their minds and flatter themselves that it is because they are pondering the question, but often it happens that they are not doing anything at all. They simply wait and shilly-shally, and when they can postpone decision no longer, they make a choice they might as well have made in the first place. This sort of thing not only wastes time but it weakens the will. Nothing is more fatal to resolution than the habit of playing with decision.

Of course you do not want to decide an important matter without thought, but you should train yourself to judge accurately and think your way to a conclusion without taking a great amount of time.

**LITTLE OR BIG**

A great many of us feel superior to our jobs. It is probable that secretly the average employee feels that his talents are being wasted. A great many men feel sure they could make a success as President of the United States or as head of the Standard Oil. The particular job that pays them a living impresses them as insignificant.

If each of us understood the possibilities of our special job, we should be likely to find that it called for a bigger incumbent than we are likely ever to become. A number of years ago in New York City a young foreign-born citizen obtained a job as police reporter. Now that is a rather arid and mechanical phase of journalism as it is generally worked out. This young man, whose name was Jacob Rits, used his job to awaken the sympathy of the people in comfortable circumstances for their less fortunate brothers and sisters, and to show that sympathy by practical aid. Theodore Roosevelt pronounced him America's most useful citizen.

Some one has said that every job is a great big one or a big little one. Yours may belong in the second category, but if it is little, it is big, too, big with possibilities, if nothing else.

One of the leading business men of the United States, the head of a great corporation, says that he does not have time to teach everyone he meets, but he has time to learn something from each one. It is less surprising to know that he has the time for this, than that he has the teachable attitude.

There are some young men and women who not only have the time to teach everyone they meet but are ready to do so. They are always offering suggestions, stating opinions, making little criticisms. They are so interested in teaching other people that they never have time to learn much of anything.

The young fellow who realizes that everyone can teach him something is likely to be heard of before many years have passed. The youth who feels the importance of enlightening everyone with whom he comes in contact has poor prospects.

**NO TIME TO LEARN**

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**TWO KINDS OF AMBITION**

It makes quite a difference whether your ambition takes the direction of getting or being. The former explains many of the tragedies of life. This

employee who betrays his trust, tampering with funds that are not his, and winds up in the penitentiary, focussed his ambition on getting. To be worth a million seemed so big that little qualities like honesty were lost sight of. If he had been ambitious to be a worth-while man, he would have been safe anywhere. Ambition is dangerous when it is concentrated on getting. As soon as acquisition seems the most important part of life, you are in peril. If you are ambitious to be somebody, the little temptations have no power over you.

**HUMOROUS**

**A DEAF LADY PURCHASER**  
A deaf old lady walked into a Mill Street store the other day and asked for ten cents' worth of soap.  
"We don't sell ten cents' worth," said the polite clerk.  
"Yes, I want sunshine kind," replied the old lady.  
"You don't understand me, madam," said the clerk; "I sell ten cents' worth of soap here."  
"Sure enough," replied the aged customer, "soap isn't what I used to be in my time; they put too much rosin in these days."  
"Oh, botheration," exclaimed the now distracted clerk. "Will you just hear this old lady!" Then placing his mouth to the woman's ear, he fairly screamed: "We don't sell a dime's worth of soap here."  
"Yes," said the old lady, "you may put it in paper and tie a string around it, if you like."  
The clerk rushed to a box, took out a bar of soap, and almost threw it at the poor woman, exclaiming:

"Take it and get out, you old harden of thunderation!"

The old lady carefully laid the dime on the counter, and as she did so remarked to the clerk:

"You're the poldest and accommodatingest young man I ever seed, and I'll call again when I want more soap."

An English gentleman was writing a letter in a restaurant, and perceiving an Irishman standing behind him and reading it, said nothing, but finished his letter with these words:

"I would say more, but a big, tall Irishman is reading over my shoulder every word I write."  
"You lie, your scoundrel," said the self-convinced Irishman.

A Yorkshire clergyman, preaching for Asylum for the Blind, began by gravely remarking:

"If all the world were blind, what a melancholy sight it would be."

**TOUCHING GRANDMA'S HEART**  
"Grandma," said a bright boy of nine years, "how old are you?"  
"About sixty-six," said grandma, fondly smoothing his yellow hair.  
"You'll die soon, won't you, grandma?"  
"Yes, dear, I expect to."

"And when I die, grandma, can I be buried side by you?"  
"Yes, dear," said she, as her heart warmed toward the lad, whom she fondled in her arm.  
"Grandma," softly whispered the little rogue, "give me ten cents."

"Grandma," said a bright boy of nine years, "how old are you?"

**The Elder Brother**

**APPLES IN EGYPT**

The market for Canadian products, particularly apples, is ever widening. Recent reports indicate that a potential market of considerable interest to Canadian growers is available in Egypt. Canadian apples are being well received in the Cairo market, selling at around \$4.00 per box. They have not only won recognition as the best apples coming onto the Egyptian market, but apparently they can be held down there at a price which makes them more attractive than any other fancy pack importations from the United States—Dominion Department of Agriculture.

There is nothing repulsive in Miller's Worm Powders, and they are as pleasant to take as sugar, so that few children will refuse them. In some cases they cause vomiting through their action in an unclean stomach, but this is only a manifestation of their cleansing power, no indication that they are hurtful. They can be thoroughly depended upon to clear worms from the system.



"How will you have your Shredded Wheat this morning?"

"I'll have it with hot milk, my dear. It's a bit chilly out doors, and I want something to warm me up. It certainly is great the way you can serve Shredded Wheat as either a hot or cold cereal—and just as easily either way. Fickle spring can't fool us, can she? And be sure to have some Shredded Wheat yourself because it is what you need to keep strong and healthy in this kind of weather."

Help Canadian Prosperity by eating TWO "Shredded Wheat" Biscuits a day.

**SHREDDED WHEAT**

WITH ALL THE BRAN OF THE WHOLE WHEAT

THE CANADIAN SHREDDED WHEAT COMPANY, LTD.

Free Press Ads Will Sell Your Goods  
Let Us Convince You

**Friday and Saturday Suggestions**

**SHERWIN-WILLIAMS PAINT HEADQUARTERS**

This colorful enamel makes floors of lasting beauty.

No matter how shabby or discolored a floor may be, it can be made rich and colorful with Mar-Not Floor Enamel.

Mar-Not Floor Enamel is made for this specific purpose. It's made to stand up under scuffing traffic and daily scrubbing. And whether it's a soft-wood or a hardwood floor, Mar-Not Floor Enamel will beautify it with a durable, enamel-like finish that is easy to clean and to keep clean.

Look over the other Friday and Saturday suggestions listed here. A real opportunity for thrifty buyers.



Lawn, Flower, Garden Fertilizer	
Per Packet	50c to \$1.00
20 1/2 Sacks for	\$1.50
GARDEN SEEDS, packages 5c, 10c	
DUTCH SETS, per lb.	10c
GRADEN RAKES	50c to \$1.35
Garden Hoes	50c to \$1
SPADES for	\$1.50
12 Qt. Galvaniz. ed Pail for	29c

<b>Canada Wagons</b>	
Disc Wheels, 5-8 inch Rubber Tires, Blue Wheels with Natural Body.	
12x26 for	\$4.50
12x30	\$5.00
14x32	\$6.75
16x36	\$6.90
TRICYCLES	\$6.00 to \$15.00
COCOANUT MATS	
14x22	75c
14x24	85c
16x28	\$1.00

**JAMES SYMON**

HARDWARE MILL STREET, ACTON



S-W Paint Products are sold the world over under this famous trade mark.

**Business Directory**

- MEDICAL**
- DR. J. A. McNIVEN  
Physician and Surgeon  
Office and Residence—Corner Bower Avenue and Elgin Street.
- LEGAL**
- Phone No. 22 P. O. Box 33  
HAROLD NASH FARMER, M. A.  
Barrister, Solicitor, Notary Public, Conveyancer, Etc.
- FERRYMAN BLACK - ACTON, ONT  
MONEY LENT ON MORTGAGES  
Hours—9.30 a. m. to 5.00 p. m.  
Saturdays—12.00 o'clock
- KENNETH M. LANGDON  
Barrister, Solicitor, Notary Public  
Office:  
Main Street South Georgetown  
Phone 88  
Appointments in Acton on request.
- DENTAL**
- DR. J. H. JOHNSON, D.D.S., L.D.S.  
Dental Surgeon  
Office: Mill Street. In the Cooper Block.  
TELEPHONE 45
- A. J. BUCHANAN, D. D. S.  
Dental Surgeon  
Office: In Leishman Block  
Hours: 9 a. m. until 6 p. m. Evenings by Appointment.  
Gas for Extractions  
Closed All Day Wednesday Phone 148
- P. W. PEAREN, D. D. S., L. D. S.  
Dental Surgeon  
Successor to Late Dr. J. M. Bell  
Phone 29 Mill Street, Acton
- MISCELLANEOUS**
- FRANCIS NUNAN  
Bookbinder  
Account books of all kinds made to order. Periodicals of every description carefully bound. Ruling neatly and promptly done.  
Wyndham Street - Guelph, Ont.  
(Over Williams' Store)

**TAIT OPTICAL CO.**  
110 Wyndham Street  
GUELPH

**FOR THAT TIRED FEELING HAVE YOUR EYES EXAMINED**

The approach of spring is often blamed for laziness caused by eye-strain. If you have an inclination to buckle down to your work, it may be the spring-time or it may be just laziness; but the chances are that your eyes are not working properly.

The energy consumed by over-coming eye-strain is sometimes appalling. If you find it difficult to work, have your eyes examined right away.

**A. D. SAVAGE, R. O.**  
OPTOMETRISTS—SPECIALISTS  
SAVAGE BUILDING - GUELPH

**Fashions for the Smart Woman**

4851

**A TINY ENSEMBLE**

"Ensemble" is doing its bit to make the very youngest tots fashionable this season as this adorable little outfit shows. First there is the trim school frock that looks like a blouse and button-on skirt, but that is really made in one piece, with its gay little flared skirt attached in a pointed outline, and trimmed with buttons at each point. And then to top this off, there is the all-important jacket that everyone, whatever her age, must have. As for fabric, jersey, broadcloth, linen, or a combination of checked and plain, or striped and plain cotton are appropriate.